



# Sector Long Island Sound

VOLUME 2 ISSUE 3

JULY 2011

## WELCOME ABOARD

- **SN Jason Carlander** of Sector LIS Response, Enforcement
- **BM3 Jason Kallaur** of Station Eaton's Neck
- **ME1 Andrew Ubaldi**, of Sector LIS Response, Enforcement
- **MK2 Bradley Greaves**, of Station Montauk

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## Fair Winds CDR McClay

This month we bid farewell to CDR Thomas McClay, a man who will go down in the books of Coast Guard history.

On June 11 at Sector Long Island Sound, a retirement ceremony was held for CDR McClay, who left the military after 32 years of service. Many reservists, as well as CDR McClay's family, were on hand to celebrate the culmination of his achievements since he first enlisted in the Navy Reserve in 1979. Yes, 1979.

CDR McClay received a Navy commission in 1980 and his wings for the Navy E2B and E2C platforms in 1982. In 1987 LT McClay joined the Coast Guard as a flight officer for duty with the Coast Guard's E2C Hawkeyes. Thus, LT McClay was the FIRST Coast Guard flight officer.

CDR McClay's previous USCG duty stations include 1st District, ISC Boston, the R&D Center and Airstations Cape Cod, Clearwater, St Augustine and Norfolk.



**CDR Moeller (right) congratulates CDR McClay (left) at his retirement ceremony .**

His honors and awards include the Coast Guard Achievement medal, the Commandant's Letter of Commendation, as well as multiple team awards. Thank you for your years for service CDR McClay: Fair winds and following seas.

## Batching or extra drills, I can do that, right? YES!

Just to clarify: there is no more restriction on batching or extra IDT each month.

With your supervisors permission you may drill as much as you want up to the 48 drills limit. So if you are behind, catch up before its too late. DON'T WAIT UNTIL THE LAST MINUTE TO DRILL!

Exception: If someone is DEMOB/RELAD, they are authorized IDT drills from the date released until end of FY. Sadly, no more extra drilling to make

up for the months you were on active duty. E.g., Someone gets off T10 or RELADs to SELRES on 30 April; they are authorized max 20 IDT drills for the remaining 5 months of this FY.

If BERTHING is required for batched drills, we still need to route a request through RFRS for approval to make sure enough funding is there to pay for the hotel room. We need to know the specific days so we can figure out how many nights lodging we have to fund. We don't need to request

permission to batch or drill extra, we do need permission for berthing funding.

RMPs remain restricted to the big 4 (Med, Dent, SWE, All-hands drills). Please note that last minute requests may very well be denied (Friday afternoon for a Saturday ADT-AT) and NOTHING will be approved after-the-fact (like a Monday morning request to approve IDT berthing for drills done the past weekend, or a member showing up for ADT without approved orders).

# Commandant's July 4th Message



**ADM Papp's Independence Day message is "Standing the Watch"**

*Everyone has to have a dental screening. If you do not have dental insurance, you may be able to utilize the Reserve Health Readiness Program for a free dental screening*

**The help desk can't help you if you don't do your ISS.**



Independence Day-Standing the Watch

Shipmates, on this Independence Day I want to thank all of you who stand or have stood the watch. Since the earliest days of our republic, Coast Guardsmen have bravely assumed this obligation of duty. It is by standing the watch that you give our nation - we the people - the most special gift of all: Freedom.

Freedom is not free. It is earned by sacrifice. Once earned, it is only preserved through constant vigilance - the vigilance that you provide every day in our ports, upon our waterways and over our oceans.

You are soaring over the Car-

ibbean and eastern pacific oceans on the hunt for illicit traffickers as you honor your 100 year profession of naval aviation. You are patrolling the high latitudes, assessing the impact of a changing climate on an increasingly ice diminished arctic. You continue to serve in the Arabian Gulf protecting infrastructure vital to a fledgling Iraqi nation. You are inspecting foreign ports to ensure the safety of cargo and ships bound for our shores. You are strengthening our partnerships by conducting maritime safety and security exchanges with West African nations, while simultaneously combating piracy along Africa's east coast. You are assisting

our citizens and their property throughout the flood-ravaged midwest. You are conducting vessel safety checks and recreational boater education, and you are continuing to perform our many other persistent and challenging maritime missions. Your service, including our reserve, civilian, auxiliary and retiree members, is preserving the guarantee that our founding fathers passed down to us 235 years ago today - our unalienable right to life, liberty and the pursuit of happiness. This is our way. This is what we do. We are the men and women of the U.S. Coast Guard. Stand a taut watch. Semper Paratus. ADM Bob Papp

## Hey, what is this Dental PHA Program?

Dental exams are required annually for all members. There are two ways to satisfy this requirement: You may see your own dentist or through Reserve Health Readiness Program.

If you choose to go to your own dentist, you will need to bring a DD 2813 with you. It can be found at: <http://www.dtic.mil/whs/directives/infomgt/forms/eforms/dd2813.pdf>. When the form is complete please mail, fax, or scan & email (preferred

method) to your HS. (FAX #: 203-468-4483 for Sector LIS, 631-395-4486 for SFO Moriches)

If you do not have a regular dentist or dental insurance you may be eligible for the RESERVE HEALTH READINESS PROGRAM (RHRP) DENTAL SCREENING. Go to the following link for more information: <http://www.uscg.mil/announcements/alcoast/alcoast421-09.txt>. It works very similar to the PHA, just call 1-888-697-4299.

Need dental insurance? If you do not have dental insurance go to the following link for Information on the Tricare Dental Program: <http://www.tricare dental program.com/tdptws/info/reservists.jsp>

Tricare Dental Enrollment form [http://www.tricare dental program.com/tdpforms/TDP\\_Enroll\\_Form\\_10\\_LoRes.pdf](http://www.tricare dental program.com/tdpforms/TDP_Enroll_Form_10_LoRes.pdf)

Please note: The premium for sponsor-only is under \$15/month

## It's not too late for ISS!

If you still have not done it, you must complete Information Systems Security online training. From a Standard Workstation, personnel can access the Learning Management System through **CG Portal** [HTTPS://CGPORTAL.USCG.MIL](https://CGPORTAL.USCG.MIL). ISS training can be located by

selecting the Mandated Training (MT catalog and then selecting the MT-A catalog. The training can also be accessed through CGPortal from home. This requires the use of a CAC card and CAC reader. For assistance with CAC cards or CAC readers contact RFRS. Once you complete ISS, the

LMS will transfer your completion information to TMT/CGBI. This procedure takes 48 to 72 hours to complete. If you are not already locked out from your CG account you still have time.

If you complete it, tell LT Villar in RFRS for an immediate manual update. Don't delay!



The "New Style" Ball Cap, not too bad at all

**Seen here: ADM Papp wearing the new ODU ball cap, with RADM Landry**

The results of uniform board No. 44 were released this week and some important changes take effect immediately. It details the appropriate use of the four basic uniforms: service dress blue, tropical blue, winter dress blue, and operational dress uniform. It also details what can be worn with those uniforms, such as appropriate use of the foul weather parka. Specific to the ODU, everyone shall wear the sleeves the same way,

according to command direction. SLIS is at sleeves up until further notice.

Also of importance, the ODU may be worn for commuting to and from work, using either private or public forms of transportation, however, if going off base for errands, meals etc, Guardians must change into civilian attire or into the tropical blue uniform.

The tucked ODU will no longer be authorized after 01 July 2012, so if you don't have it already, plan on picking it up over the next year.

ODU ball caps: because so many different version of the ODU ball cap were in the fleet, the USCG standard ball cap available via the uniform distribution center or the CG exchange system is the only authorized ball cap and is to be worn while TDY or visiting

other units outside the AOR. Enlisted members will receive a one time increase to their pay to purchase this authorized ball cap. Unit ball caps may still be worn locally and can be purchased via UDC or CGES. CDRs and above may no longer wear oak leaves and acorns on their ball caps. Fleece liners from the parka are no longer allowed to be worn as a stand alone jacket.

No alterations of the ODU (permanent rolled up sleeves or sewn in blousing bands for example) are allowed. Casual or dress down days are no longer authorized at all.

And, worst of all, the tiara is history. Refer to ALCOAST 291/11 or go to the UDC website at [www.uscg.mil/hr/udc](http://www.uscg.mil/hr/udc) for everything you need to know on how to look sharp.

**OERs and EERs**

**CWO2 and E9 were due in June**

**LTJG are due in July**

**E7 are due in September**

## SHIPMATES 12: GUIDANCE TO OFFICER SELECTION BOARDS AND PANELS

ALCOAST 313/11

On June 29, 2011, ADM Papp provided his updated guidance to officer selection boards and panels describing his expectations for officer leadership, performance and continuing service and promotion. He would like for every Coast Guardsman (Officers, Enlisted, Civilian, Auxiliary) to read and understand these requirements so all

are aware of the leadership and performance attributes he expects our officer corps to pursue and attain. His intent in sharing these insights with all members of our service is to build a stronger officer corps, enhance esprit de corps and ultimately strengthen our service. The guidance is available at the following links:

A. Cg portal: [https://](https://cgportal.uscg.mil/ctl/poh7iq)

[cgportal.uscg.mil/ctl/poh7iq](https://cgportal.uscg.mil/ctl/poh7iq)

B. Internet: <http://www.uscg.mil/psc/opm/opm1/opm-1boards.asp>.

This message continues ADM Papp's guiding principals of:

- 1) Steady the Service
  - 2) Honor our Profession
  - 3) Strengthen our Partnerships
  - 4) Respect Our Shipmates
- Please make sure you read it.



**Sector Commander CAPT Vojvodich**

## Annual Screening Questionnaire Explained

As a member of the Ready Reserve (SELRES or IRR), you are required by law and policy to keep the Coast Guard informed of your mobilization readiness. The mechanism for updating mobilization readiness is the Annual Screening Questionnaire (ASQ). All members of the IRR are required to update their ASQ AT LEAST annually (between August 1 and October 31) AND anytime key information changes. ASQs can be updated at any time via Direct

Access or by sending a completed, signed hard copy form [CG-3799R \(Reserve Annual Screening Questionnaire\)](#) to your yeoman or RFRS. Note that this is a great tool to keep the command informed of your status and does NOT mean that you will be kicked out if you say you are not deployable. Go update your ASQ if you, for example: become pregnant, become seriously ill, have a temporary medical condition (eg. broken leg), have a serious family emer-

gency, et cetera. If it affects your mobilization readiness, go check your ASQ. Note however, that changing your ASQ is not allowed for things like vacations, busy times at work, etc. If you have questions,

**Do you need a room for IDT? Email SK2 Pat Daly ([Patrick.j.daly@uscg.mil](mailto:Patrick.j.daly@uscg.mil)) at least 10 business days in advance. It takes that long to secure funds from district. SK2 Daly's duty phone is 203-584-2211 for after hours emergencies**



## United States Coast Guard Guardian Ethos

I am America's Maritime Guardian.  
I serve the citizens of the United States.  
I will protect them.  
I will defend them.  
I will save them.  
I am their shield.  
For them I am Semper Paratus.  
I live the Coast Guard Core Values.  
I am a Guardian.  
We are the United States Coast Guard.



YN2 Millie  
Rocklage  
departed on  
June 30,  
moving with  
her husband  
Eric and  
daughter  
Elizabeth to  
Virginia. We  
sure are go-  
ing to miss  
you and eve-  
rything you  
have done  
for us, Millie!



## Miscellanea

Your ESO is Alice Slate [alice.j.slate@uscg.mil](mailto:alice.j.slate@uscg.mil) or 203-468-4425. She is happy to help you with your educational benefits. If you are interested in using any of the VA Education Benefits visit [www.va.gov](http://www.va.gov) to learn more about educational programs before contacting Alice and making a decision.

LT Villar is now designated as an alternate Education Services Officer. If you need to take a test, LT Villar comes to drill at Sector on the first Saturday of every month. If you need to make special arrangements, a different weekend, in the evening, please contact the RFRS office at 203-468-4562. Also, if you were not aware, LT Villar's orders at SLIS have been extended through June 2013

### **DO NOT show up for your two weeks ADT without orders.**

That is the main point reservists must remember when planning their ADT-AT. If you don't have your orders at least two weeks in advance please contact your yeoman or the RFRS office for help.

When you arrive for ADT-AT, please have a supervisor send an email to the YN so pay and benefits can be started; it's not an automatic thing, the YNs have to flip a switch in Direct Access. Plus they need the email for documentation purposes. Short story, if the YN doesn't get an email, you won't get paid, its that simple.

Travel Claim Advice: If you do non-consecutive ADT-AT (split your ADT-AT up into separate days or weeks), you can only file ONE travel claim; so if you do a week in Yorktown and a week at your regular unit, for example, make sure you save the claim for the right set of orders!

12 days of ADT-AT must be done every fiscal year, but you must also make sure you

schedule it within your anniversary year. Your anniversary year is the day you entered service with the CG. Don't make the mistake of not balancing the two when planning your ADT-AT for the year. AGAIN: any questions? ASK.



The logo of the Reserve Force  
Readiness System

### **Qualifying Years of Service – Ref. Reserve Policy Manual (RPM) Chapter 8.C.3**

A qualifying year of satisfactory service for non-regular retired pay is a full year during which a regular or reserve member is credited with a minimum of 50 retirement points.

The periods used for crediting of qualifying years for non-regular retirement shall be based on "Anniversary Years" that are calculated from an anniversary date.

The date used to determine the anniversary year is established by the date the member entered into active service or into active status in a reserve component.

The start date (month and day) for each successive anniversary year will not be adjusted unless the member has a break in service. A break in service occurs only when a member transfers to an inactive status list, a temporary disability retired list, the Retired Reserve, or is discharged to civilian life for a period greater than 24 hours. There will be no break in service if the member transfers directly to another regular or reserve component.

The take away message is:

Find out your Anniversary Date.

Make sure that you earn and are credited at least 50 Retirement Points for a good Retirement year and 70 Participation Points for a good Participation year.